

Matthew May's

TEACHING KITCHEN

BETTER LIVING THROUGH FOOD AND SCIENCE

“Summertime Favorites!”

August 2024

SANGRIA-POACHED PEARS WITH GOAT CHEESE

4 bartlet, Anjou or bosc pears, peeled

1 bottle good merlot wine

Sliced orange, lemon and limes, or any berries or other fruit you may have

½-bottle of water (using the same wine bottle)

1 cinnamon stick

1 TBSP. sugar

4-ounces goat cheese, softened

4-ounces cream cheese, softened

In medium-size saucepan (large enough to fit all 4 pears), add wine, sliced fruit, water, sugar, and cinnamon stick. Bring to a boil. Add peeled pears and bring wine back to a low simmer. Once the liquid has returned to a boil, turn heat down to medium low. Place a round plate or small bowl on top of the pears to help keep them submerged in the wine. Simmer pears on low heat for 40 minutes, remove from heat, remove plate/bowl, and allow to cool to room temperature on the countertop, about three hours. Cover and refrigerate until cold (about 3-4 hours) until ready to use. The longer the pears remain in the poaching liquid, the darker and more vibrant the color! Pears can be poached up to three days in advance. When ready to serve, remove pears from wine. Cut pears in half, lengthwise through the stem. Using a melon baller or small spoon, remove the seeds/core from all the pear halves, leaving a neat, small cut-out oval hole in the pear. Remove the hard flower-end of the bottom of the pear. In a small mixing bowl, combine goat cheese and cream cheese until smooth. Spoon about 1 TBSP. goat cheese mixture into each pear. Serve immediately. You may prepare the pears ahead of time but spoon the goat cheese mixture into the pears right before serving. (You do not want to refrigerate the pears with the goat cheese already in them, as the goat cheese mixture will become too firm for serving, and the acid from the wine will begin to break down the cheese.) You want the pears cold, and the goat cheese mixture at room temperature. In my cooking classes, I top each pear with my candied pecans, coarsely chopped. Candied pecans can be found at www.matthewmay.org. Sweet and savory!

CILANTRO-LIME SHRIMP

1-pound raw 16/20 shrimp, peeled, deveined, tail on

8 TBSP. unsalted butter

2-ounces fresh cilantro, chopped
1 lime, juiced (approx. 2-ounces lime juice)
salt and pepper to taste

Be sure to clean and peel shrimp. Add butter to a large non-stick pan on medium heat. Allow the water in the butter to evaporate. Depending on what brand of butter you purchase, it can contain up to 20% water. Do not stir, as this will disrupt the separation of milk fat and milk solids. You may swirl the pan in a circular motion to accelerate the evaporation. As the moisture evaporates, the milk fat will rise to the top (white and foamy), and the milk solids will fall to the bottom (appear as tiny little dots on the bottom of the pan). The milk solids will begin to brown once the moisture has evaporated. (You are making browned butter.) Once the butter smells a little 'nutty' and has lightly browned, carefully add the shrimp. Be sure the shrimp is in one layer with room in between them to allow for any moisture to evaporate. A crowded pan will result in over cooked seafood and won't achieve proper browning. Your goal here is to cook the shrimp 1/3 of the way through. You should not cook the shrimp more than 2 minutes on this first side. The color of the shrimp will change as it cooks. You are looking for the interior curl of the shrimp to change color. Turn shrimp over and continue cooking for 1 minute only. The center of the shrimp will still be raw in the very center. Remove shrimp from pan and transfer to serving plate. The shrimp will "carry over" and will finish cooking as you build the sauce in the pan. Turn heat off and add lime juice, chopped cilantro, and salt and pepper. Stir. Taste for seasoning and adjust salt, pepper, or lime juice if needed. You should taste a delicious balance of salt, fat (browned butter) and acid (lime juice). Pour sauce over shrimp before serving.

"SOUTHWEST SWEET & SMOKY" SOUS VIDE & OVEN ROASTED CHICKEN WINGS

4-pounds chicken wings, tips removed
1 TBSP. "Southwest Sweet & Smoky" sea salt (found at www.eastcoastsaltcompany.com)
1 TBSP. Applewood Smoked Raw Sugar (found at www.eastcoastsaltcompany.com)
½-tsp. smoked chili flakes (found at www.eastcoastsaltcompany.com)

Set up your immersion circulator to 160°F for three hours. Meanwhile, place chicken wings into one or divide evenly into two zipper-lock plastic storage bags and season evenly with sea salt, smoked sugar, and smoked chilis. Seal the bags almost all the way. Squeeze the outside of the bag(s) to move the chicken wings around inside the bag to coat them evenly with the seasoning. Lower bags into water bath and allow the air to escape through the top of the bag(s) before sealing. Make sure there is space all around each bag to allow the water to circulate around them. Cook for 3 hours. Preheat oven to high broiler with the top rack about 6-8 inches below the below the heating element. After 3 hours of sous vide cooking, remove the bags from the water, open each bag and transfer the wings into a colander in the sink to drain. Transfer wings to a baking sheet pan or cookie tray. Place wings about 8" under the broiler. Keep a close eye on the wings, as they can burn quickly. The heat from the broiler will evaporate any moisture on the wings. Once the moisture has evaporated, they will begin to brown (the Maillard reaction). When wings have browned, remove pan from oven and turn wings over and return to oven. Broil another 5-7 minutes on this second side. Remove from oven and serve with homemade ranch or bleu cheese dressing. **Allow these wings to cool slightly as the sugar will be sticky and very hot.*

RANCH BLUE CHEESE DRESSING/DIP

¼-cup sour cream
¼-cup good quality mayonnaise

2-ounces blue cheese, crumbled
1 TBSP. fresh parsley, minced
1 TBSP. fresh lemon juice
½-tsp. garlic powder
½-tsp. dehydrated onion flakes
¼-tsp. dry dill
Pinch sea salt
Pinch freshly ground black pepper
Milk or buttermilk to thin out dressing, optional

In a medium bowl, whisk together mayonnaise and sour cream. Stir in remaining ingredients and refrigerate for 2-hours before serving.

PEACH POT de CREME

1 TBSP. brown sugar
1 TBSP. your favorite bourbon
1 peach, peeled, pitted, and sliced

4 egg yolks
¾-cup heavy whipping cream
1-tsp. pure vanilla extract
3 tsp. sugar
2 6–8-ounce baking cups/ramekins
(Makes two desserts)

Heat oven to 300°F. In a medium size skillet or sauté pan, add sliced peaches, brown sugar, and bourbon. Sauté over medium heat until all the moisture has evaporated, and the peaches are slightly sticky, and a little bit of browning has begun. Remove peaches from heat and transfer 3-4 slices into the bottoms of each ramekin. Set aside. Separate egg yolks from the whites (save egg whites for other recipes!). Whisk together sugar and egg yolks in a small mixing bowl. In a small saucepan, bring cream to a low simmer over medium heat. (Takes about 5 minutes). Stir occasionally and **do not** let it boil. Once the cream mixture reaches a low simmer, remove from heat. Slowly pour the hot cream into the egg yolk mixture (a little at a time), while stirring constantly. Pouring too fast will result in scrambled eggs. Place your 2 ramekins into a small baking or loaf pan. Divide the custard mixture evenly into the two ramekins, on top of the peaches. Pour water into the pan (outside of the ramekins) until it's halfway up the side of the ramekins. Be careful not to pour any water into the custard. Bake 40-45 minutes or until centers are just set and a stem thermometer inserted into the centers of each reads between 170°-175°F. Remove from oven and allow to cool to room temperature then refrigerate for a minimum of three hours (uncovered). Serve chilled.